





SESSION TEN

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FOR ACTIVITIES
1,3,5 & 6 HERE](#)

MY TEAM, OUR TEAM

Seeing how players react to captains

YOU SAY

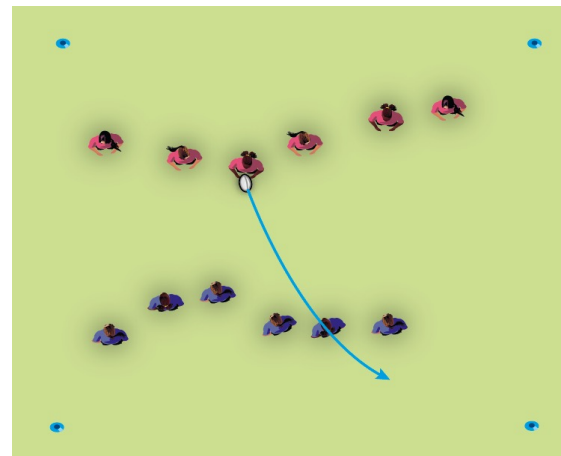
- Let's play My team, Our team.
- Let's split into four teams and elect a captain for each team.
- We are going to play Bulletball on two pitches (no scrums or lineouts).
- *Three minutes:* Stop! Each captain can choose a player from another team to be in their team (apart from a captain).
- Play Bulletball again, but with new captains.
- After three minutes, repeat the process.

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LINKS TO LEADERSHIP VALUE

SESSION 10: ACTIVITY 1



YOU DO

- Four teams aiming for 8-10 aside, two teams otherwise, but try to change the captains and teams more often.

LEADERSHIP

PASSION

- Leadership
- Passion

YOU SAY

- Let's get into pairs, with the captains pairing up with each other.
- How did you feel about being a leader or not being a leader? Don't tell us yet!
- We are going to play stand up, sit down game.
- Everyone, let's make a circle around me and sit down.
- When I say a statement, you should stand up if you agree with the statement (*see statements*).
- Think back and tell me which statements you think make a good rugby leader.

SESSION 10: ACTIVITY 2



YOU DO

STAND UP, SIT DOWN STATEMENTS

- A good leader is responsible.
- A good leader does not listen to others' ideas.
- A good leader can be quiet or shy sometimes.
- A good leader only thinks about themselves.
- A good leader is smart.
- A good leader tells others what to do in a mean way.
- A good leader cares about other people.
- A good leader is organised.
- A good leader can be a girl/woman.
- A good leader speaks up when others are getting picked on or need help.
- A good leader treats everyone equally.

LINKS TO MY TEAM, OUR TEAM

BEAT THE BALL

Put passers under pressure to pass accurately to score a try

YOU SAY

- Let's work on quick passing to score tries.
- Split into groups of four or five.
- One group of four will act as defenders.
- The first group stands at one end of the box. The first player has a ball.
- You aim to run straight and pass the ball before you are caught.
- When the first player passes, a defender who is standing about 2m from the pass runs across the pitch as the players pass the ball along the line, trying to catch the ball carrier.
- Each team has a go, and then swap defenders.

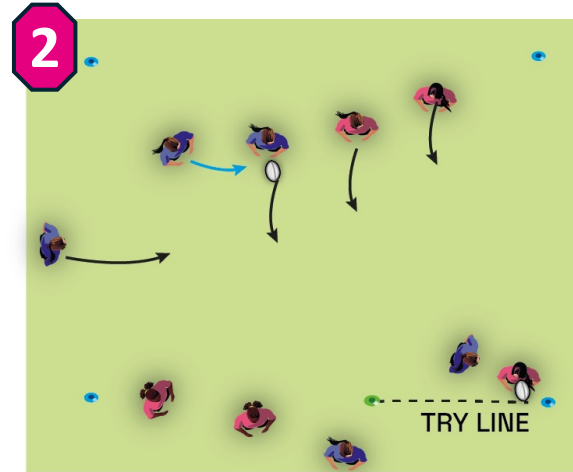
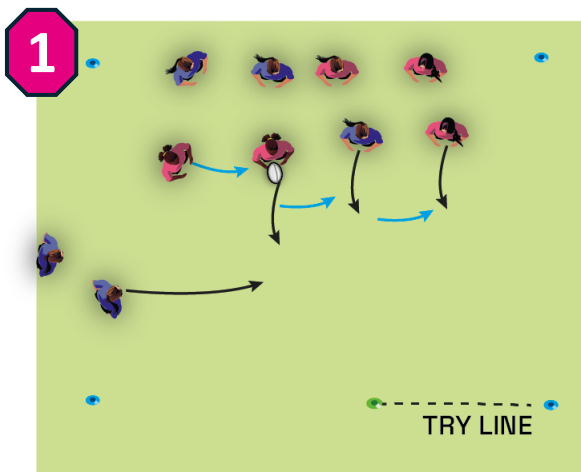
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SESSION 10: ACTIVITY 3



YOU DO

- The starting distances are a guide because you may need to start the defender further away.
- You can run two boxes at the same time.

PROGRESSIONS

- If you feel funky, give extra points if the first passer runs around to take the last pass!

VALUES: LEADERSHIP

YOU SAY

- Let's split into pairs.
- Anyone can be a leader. But they don't need to be the leader of the team. How else could they be a leader?
- How can we practise to be a leader?
- **Being a leader is about being WILLING TO MAKE A CHOICE.**
- **Being a good leader is making good choices.**

SESSION 10: ACTIVITY 4



YOU DO

- Here are some possible ideas to explore:
- Other leader attributes: Attitude, behaviour, effort.
- Practise to be a leader: We can practice the skills we need to be leaders in our everyday lives, watch other good leaders, and try to emulate them. We can also ask for help from people in the community who we think are good leaders.

STARTS REVISION

Giving the players ownership of the game

YOU SAY

- Get yourself into groups of six or more with a ball.
- Discuss what a scrum, lineout, kick-off, free tap and pass, a touch-tackle and offside line look like.
- Now, when I say “go”, I want you to jog around.
- When I blow the whistle, I will tell you to set up a scrum, lineout, kick-off, free tap and pass, a touch-tackle and offside line.
- You will get one point if you are the first, two points if you are accurate.

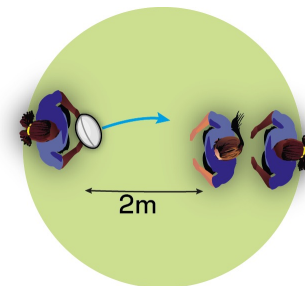


SESSION 10: ACTIVITY 5

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2



YOU DO

- You can also ask the players when these happen and why.

T1 RUGBY

Tournament time

YOU SAY

- Let's split into two teams.
- After every score, we will start with a kick off.
- Run and pass backwards.
- Tag: RIP AND PASS
- Defence must form tackle triangle after a tag.
- Defence has to be onside.
- The attack has six lives. You lose a life by:
 - Going out of play
 - Being tagged
 - Breaking a ground rule
- Scrum for forward pass or knock-on.
- Lineout for the ball going into touch.
- Teams can kick, but chasers have to start behind the kick.

1

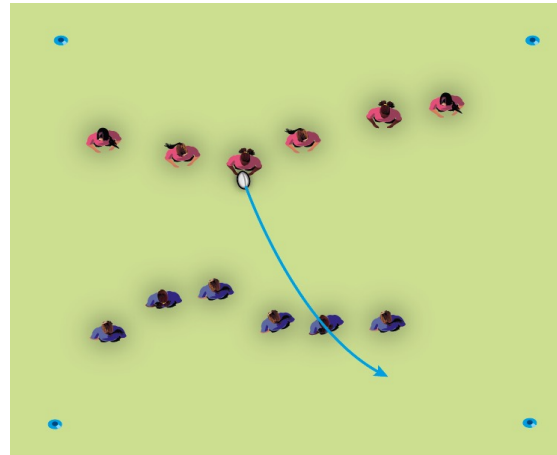
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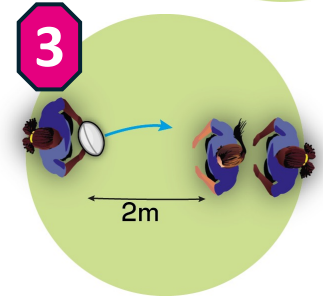
SESSION 10: ACTIVITY 6



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YOU DO

- Start the game on the halfway line with a kick (any type)
- *Tournament game on!*

LEADERSHIP

YOU SAY

- Can you believe that's the end of the session already?
- Find a different person to pair up with.
- You have two questions to answer:
 - What does leadership look like?
 - Can just anyone be a leader?

SESSION 10: ACTIVITY 7



YOU DO

- Form a semi-circle around the coach. Can everyone see?
- Split them into pairs.
- Ask question. Circulate and listen.
- Ask the question again, and pick out a good pair to answer.
- Ask another pair to compare and add.